

Fiber.

Amy: Today we are going to talk about fiber. We are going to learn about what fiber is and the role it will play in your weight loss program. The first thing that you need to know is that fiber is the indigestible part of a plant and so you might have heard the term “roughage” at some point and that basically is the fiber in your food. The nice thing about fiber when you are trying to lose weight is that fiber, because it is indigestible, there is no way you can get calories out of it and when it comes to weight loss, we are always trying to cut calories here and there, so high fiber foods are going to naturally be lower in calories. We are going to show you a lot of foods today that have a lot of fiber in them. There is a variety of type of food that have fiber and basically when a food is in its most natural state and the less processed it is, the more fiber that it is going to have.

For example, oatmeal, if you buy instant oatmeal in the little packages and put in your microwave for a minute, that is the most processed oatmeal you can possibly buy and so that is going to have the least amount of nutrition and typically, as I'm sure you have noticed with things like that, the more processed they are, usually the more salt they have, so they are the least healthy option. In oatmeal, you can have the quick cooking and you can have regular and then there are steel cut oats and steel cut oats are going to be your least processed and so what happens when you have the least processed food, you have the most fiber and you have the most vitamins and minerals. Plant foods have a ton of vitamins and minerals naturally occurring but when they are processed, we lose those, so the least amount of processing you can buy of that food the better.

Some other greens that I wanted to show you are wraps or tortillas or whatever you want to call them. There are getting to be a lot of different kinds of wraps that you might see are low carbohydrate and a lot of times what that is is now these tortillas have 60 calories in one and the amount of fiber is 7 grams; that is very high. You are probably wondering how much fiber do I need in a day? Women need around 21 to 25 grams and men need around 33 to 38 grams. The average Americans eat between 10 and 15 grams of fiber every day and we are pretty far from 25 to 35 grams, which is what is recommended, so what is happening is we are eating more processed foods, less fiber and usually those are the fast foods, ready foods, easy to prepare. To get a high fiber diet, you are going to have spend a little bit of time cooking, which some people don't enjoy, so we will show you a few tricks today.

Your mom probably always told you to eat a good breakfast and maybe you heard your mom or your grandmother say that oatmeal sticks to your ribs well the reason it sticks to your ribs, what they basically mean, it is a good source of fiber and keeps you full for a few hours. When you have the nice high fiber food, what happens is as you digest it, your blood sugar rises slowly and you don't have a sudden peak in your sugar level and then you don't have a sudden drop in your sugar level. When you eat white bread and a lot of things with white flour that are really processed, it is very easy to digest, so your blood sugar can spike quickly and then your body will release some insulin and then you can drop lower than where you started and the reason we don't

want that to happen is because then we get cravings for more sugary junk type food, so the more fiber you have, the more we can eliminate the spikes. What we want to do is start with a high fiber breakfast. It is really hard to meet your fiber needs if you don't eat breakfast in the morning and a lot of folks that join *MOVE!* will come in and say "I don't eat breakfast, I don't really eat lunch and I usually maybe will eat by 3 or 4 in the afternoon and then I eat supper and then I eat all night long" and if that sounds like you, that is probably because 99% of the people that we work with start our program stating that that is their lifestyle. Once you have been in *MOVE!* for awhile and you have started to try to eat breakfast and eat three meals day, if you weren't used to that, you are going to feel a lot better and have more energy and one tip about breakfast, if you haven't normally eaten breakfast, is you're not going to feel hungry in the morning for awhile because you ate all that food last night, but when you start cutting out eating after supper and start eating when you wake up, your body adjusts to that and then you will start being hungry in the morning. A couple of ideas of breakfast to get your fiber in is you want to choose a cereal that has at least 5 grams of fiber or more per serving, so we have a couple that I'm going to show you. This is a Fiber One® and this is actually quite high in fiber; this has 13 grams, so a lot higher than the 5 that are recommended, so that is a pretty good choice and some other options are – This is a Kashi® cereal and they have a whole line of cereals and this has 5 grams of carbs per 3/4 cup, so again you will want to measure your food and know how much you have and it is only 100 calories in that serving, which is pretty low for cereal, so that is a good choice and just the basic brand type cereal, you can have the store brand, it doesn't matter what brands, but bran is going to be a great choice and this is going to have 5 grams in 3/4 cup and for calories, this only has 90, so that is a really low one too. Instead of cold cereal, you can also do oatmeal. The steel cut oats will have about 5 grams of fiber per serving and another great way to add more fiber and even more nutrition is to add flaxseed or wheat germ or both. When we make oatmeal, we just add a few tablespoons of ground flaxseed and some wheat germ to it too and that is where you get a lot more of what I think of as "more bang for your buck" because you get a lot more nutrition. It is really easy to get the Bisquick® or whatever kind of brand of pancake mix that is very processed and all you do is add your water and you really don't get any fiber with it, but there are other options out there. This is more of a whole grain type of oat pancake mix that you can use. This serving size is 1/3 cup and that makes about two 4 inch pancakes, and that is going to have 4 grams of fiber, so that is a lot more than you would normally get. So, you can see there are a lot of options for breakfast to get your fiber and if you are missing breakfast or you are eating a donut or something quick and not healthy, you are really going to have a hard time getting that 25 or 35 grams of fiber in in a day.

A few more ideas for later for lunch and supper would be to think of any carbohydrates or starches, for example noodles, rice, breads, tortilla wraps, any of those types of things that you use that are white and try to switch to a whole grain version. For example, a lot of people have spaghetti that are just the white refined flour, but there are quite a few, and they are actually very reasonably priced, whole wheat options, so this is just a store brand that I like and the part that I like about it is it is the angel hair, so it is a smaller type of pasta, so if you are just starting to change to a

whole wheat, that would be a nice one to try. If you don't like the flavor of the 100% whole wheat, you can get a mix, where it is half white and half wheat flour mixed together and that is another great thing to try. Rice is another great way to switch from a white rice to just a whole grain natural brown rice. If you are making a soup or a Chinese type meal, where you have a lot of vegetables and you want to add some rice, this would be one cup cooked would have 2 grams of fiber and the first thing, again, you always to look at the ingredients; what is that first ingredient, well there is one ingredient here, which is always a good sign for food. It is whole grain parboiled brown rice and parboiled is a great word to look for on rice. That is going to be a food that is not going to cause a big spike in your blood sugar, whether you are diabetic or not.

The wraps we looked at: This has 7 grams of fiber and that is very high and another thing I wanted to show you is there is a lot of different types of whole grain breads and there are actually even some double fiber, more fortified than the other foods are, and usually they are adding some kind of a wheat bran or some kind of a bran to it, so if we look at the label for this for one slice, it is 5 grams of fiber, so with a sandwich this can add up quickly to 10 grams of fiber.

In a few other videos we have mentioned watching your saturated fat and not eating too much red meat or different proteins. A great option to get more fiber and more nutrition and kind of cutback on some of the unhealthier fats is to use beans instead of meat and you can just try it at one meal a week. A lot of people are used to eating a lot of meat and don't really like that idea but when they try it, they find it is not too bad, so an idea would be taking a wrap, putting some black beans on here and any other kind of toppings you might like for tacos and try that out. So, we have had a lot of Veterans who have been in our *MOVE!* program who haven't really paid attention to fiber and once they started reading the labels and trying these new foods, they really enjoyed them, so let's hear what some of our Veterans have to say as far as trying to add more whole grains and get more nutrition out of their food.

Bananas, pears, apples and oranges are sitting in fruit bowls in front of me 24/7 and then I also get fiber from cereal. I will probably have oatmeal or a regular cereal three to five days a week.

Eating oatmeal is satisfying and it carries me through to dinnertime and I eat just one helping of the old fashioned oatmeal.

Snack crackers are really high in fiber. The ones that are like 60-70 calories for 15 of them, and there is about 7 grams of fiber in them.

If I do eat a sandwich with bread, I only eat the 6 grain or 7 grain bread with it.

We have gone primarily to 100% whole wheat bread. That is basically what we eat now for bread.

By looking at the labels again helped me to take the two pieces of white bread that are 240 calories and now I can add two pieces of bread that are 80 calories.

Amy: There are a lot of benefits of fiber. It helps us to stay regular, it helps to control cholesterol. It also helps diabetics with their blood sugars and it keeps them a lot more stable and it provides a host of benefits when it comes to weight loss and that is because, like we talked about before, it provides a lot of bulk in your food, so it keeps us full and it keeps us satisfied for a few more hours than a meal that wouldn't keep us very satisfied if it doesn't have any fiber, like a very processed type of meal. While we are talking about those benefits today, I wanted to show you a very easy meal that you could make that has about 15 grams of fiber in it and remember for women we want around 25 grams and men we want around 35 grams a day and so a meal that has 15 grams is going to be very help in that. One way is to use the wrap that we talked about before and this wrap had 60 calories in it and 7 grams of fiber, which is quite a bit and then this is going to be one idea to use instead of meat at this meal and you can just use your black beans in here and if you would like, you can buy them seasoned and you can season them yourself with taco seasoning, however you would like and then I like a little bit of cheese on mine and you can use a little bit of regular cheese or if you wanted to use fat free shredded cheese, that will cut down the calories quite a bit too. Another way you can get more vegetables and increase your fiber a little bit more is to use other things, such as lettuce, onions, tomatoes, so you can just pile them on because they just add fiber and vitamins and we are really not adding any calories here. To top it off, I would like to tell people about salsa, because salsa is just pureed vegetables basically with a host of vitamins and minerals in here and, again, very low calorie, so if you like a lot of salsa, great, or just a little, that is fine too, so I'm just going to put a little bit on here and you can fill this as much as you would like. For calories here, we probably have maybe 200 calories, which is pretty low for that much food and that much filling bulk.

We talked about our benefits, we talked about ways to get more fiber in our diet. If you like more information, we have some excellent handouts that are linked to the website. There are tips to increase our dietary fiber and on that handout, it talks a lot about more specific ways, even that I talked about, like eating two cups of fruit and what are your best types of fruit, eating three cups of vegetables every day and another thing it talks about is eating at least 3 oz. of whole grain every day and we showed you a lot of ideas for whole grains today. There are also sample menus in here with at least 35 grams of fiber in a day, which is really helpful and will have some additional menus that we have created and linked to this lesson that you can look at.

Thanks for joining us today and talking about fiber. Your assignment for this week as you are writing down everything that you eat, we want you to look at the labels and figure out how many grams of fiber you are eating in a day. If you are between 25 to 35, you are doing very well and if you are, like the average American, at maybe 10 grams of fiber, we really want to look at these handouts, read the labels and try to bulk up your food a little bit more and you are going to find you are more satisfied and if your diabetic, your blood sugars are probably going to be better and you are just going to feel a lot better.